Got an idea to help kids learn?
$250K in prizes*

cst inspired minds learning project

Enter the Learning Project Competition Today!
LearningProject.cst.org
*No purchase necessary

cst
Your RESP provider of choice

Vancouver metro

Like Airbnb *for cars*
metroNEWS

Your essential daily news | TUESDAY, APRIL 19, 2016

High 22°C/Low 10°C Sunny

'BAD DEAL'

Mayor decries Kinder Morgan pipeline emissions to feds

metroNEWS

Mayor Gregor Robertson
JENNIFER GAUTHIER/METRO FILE

Wildfire service watching early B.C. heat wave

WEATHER

Officials are hoping for a wetter June

As much of the British Columbia Interior prepares for several days of summer-like temperatures, the provincial wildfire service is taking a longer view.

Environment Canada forecasts a record high 31 degrees in Kamloops Monday, while Quesnel and Fort St. John have expected highs of 26, and the forecast calls for 27 degrees in Squamish, north of Vancouver.

The heat arrives as provincial fire information officer Kevin Skrepnek says the B.C. Wildfire Branch is scanning the monthly weather outlook, hoping to get a sense of the upcoming fire season.

He says predictions show the summer should be warmer than normal across the province.

But everything depends on expected June rainfall, and if those rains arrive, Skrepnek says wildfires over the summer should not be as intense.

Skrepnek says forecasting rain is very difficult more than a few days ahead.

"We are pretty confident, based on outlooks, that we are in store for ... a little bit warmer than usual," he said.

"That rain is really key to the wildfire situation."

This year, B.C. has made efforts to crack down on people who risk starting massive wildfires.

Changes to the Wildfire Act could see people fined up to $1,150, more than triple the previous fine of $345, for failing to comply with fire restrictions.

The government said the amendments to the act significantly increase fines associated with 19 Wildfire Act violations and seven Wildfire Regulations violations.

It also changed the language within the act that allows officials to issue violations for people unintentionally interfering with firefighting efforts.

According to statistics from the Ministry of Forests, Lands and Natural Resource Operations, 104 violation tickets were issued under the Wildfire Act in 2014, totaling $29,450 in fines.

The majority of those, 55, involved people failing to follow orders restricting or prohibiting the lighting, fueling and use of open fires.

THE CANADIAN PRESS/WITH FILES FROM MATT KIELTYKA/METRO

$300M

June rains were absent across B.C. last year and that, combined with the very low snow pack, led to wildfires that charred nearly 3,000 square kilometres of woodland, costing the province nearly $300 million.

ROOFTOP DECK

URBAN FLATS:
STUDIO - 2 BED & DEN

★★★★★

from

$159,900 - $299,900*

Don't delay on this amazing opportunity

VISIT 114 - 10768 WHALLEY BLVD

CALL 604.581.8000

VENUELIFE.CA

HISTORIC COMMUNITY
VENUE
WHALLEY

- ★ 5 MINUTE WALK TO GATEWAY SKYTRAIN STATION
- ★ EASY ACCESS TO SIMON FRASER UNIVERSITY, DOUGLAS COLLEGE AND KWANTLEN POLYTECHNIC UNIVERSITY
- ★ SHOPPING CENTRE CLOSE BY
- ★ ROOF DECK TO ENTERTAIN YOUR FAMILY & FRIENDS

Open daily noon-5pm

TIEN SHER HOMES

FIFTH AVE

* This is not an offering for sale which can only be made with a disclosure statement. Prices are starting effective to improve and maintain the high standards of Venue development, the developer reserves the right to modify or change plans, specifications, features and prices without notice. Artist's drawings may be subject to variations or deviations by the developer's architects. All dimensions are approximate and are based on Architectural measurements. Please refer to the disclosure statement for exact offering details. Sales and marketing by Fifth Avenue Real Estate Marketing, E.&O.E.

metro NEWS
Your essential daily news

In quake-devastated Ecuador, loved ones mourn as number of victims rises. **World**

Brothers sought in two suspected murders

CRIME

Police seek public's help to locate suspects

Thandi Fletcher
Metro | Vancouver

Detectives in Washington State are now searching for two brothers in connection with the slayings of a former B.C. woman and her American husband, who were reported missing last week and are now believed to be murdered.

Forty-six-year-old Monique Patenaude, a long-time former Metro Vancouver resident, and her husband Patrick Shunn, 45, were last seen April 11. The couple was reported missing by neighbours a day later.

The Snohomish County Sheriff's Office said in a news release Sunday that detectives have now established probable cause for the arrest of two brothers, John Blaine Reed, 53, and Tony Clyde Reed, 49, for their murders, and they are asking for the public's help finding them.

"The recovery of Patrick and Monique is our agency's number one priority right now, for the sake of their families," said Sheriff Ty Trenary. "Our second priority is getting the Reed brothers into custody and off the streets."

Both men are convicted felons and are believed to be armed and dangerous, the sheriff's office said.

Brothers John Reed, left, and Tony Reed are wanted in connection with the murders. COURTESY SNOHOMISH COUNTY SHERIFF'S OFFICE

At first a missing persons case, detectives said from the beginning that the couple's disappearance was suspicious.

On Thursday, two vehicles belonging to Shunn and Patenaude were spotted by helicopter in a remote, wooded area near the couple's home in Oso, and appeared to have gone over an embankment.

On Sunday, authorities found video surveillance footage tying the Reed brothers to the disposal of Shunn and Patenaude's vehicles. Evidence collected from the cars, as well as John Reed's former home, led detectives to believe the couple were murdered.

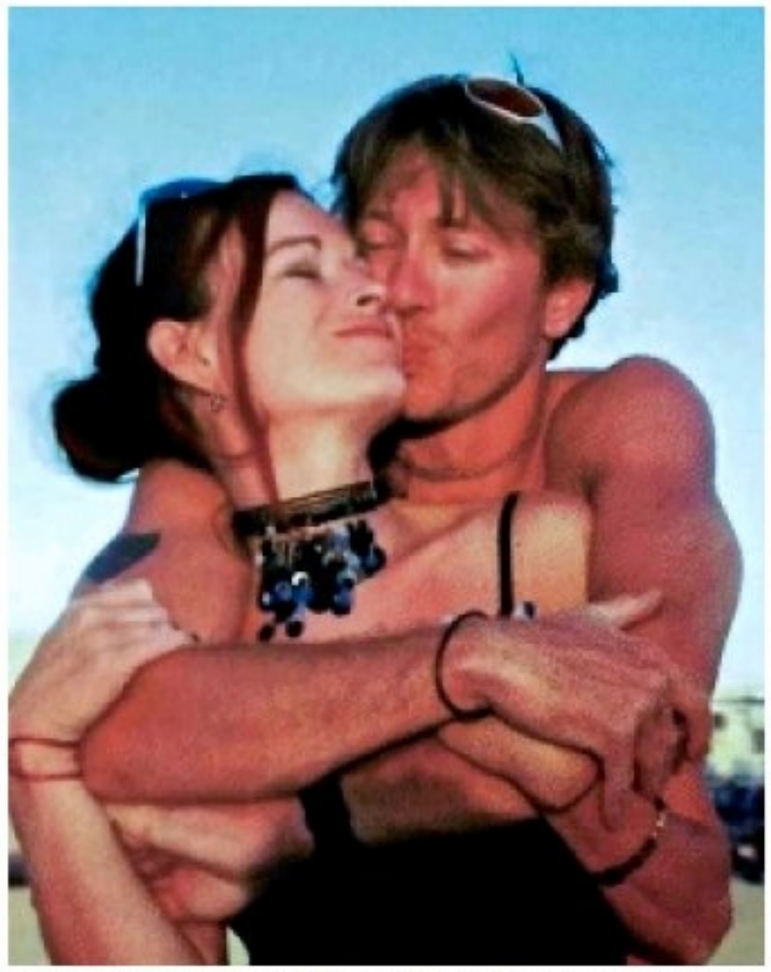
Search and rescue teams are continuing to search for Shunn and Patenaude.

Cynthia Fawcett, who has been close friends with Patenaude for 25 years, said Friday that she had a "bad feeling" about their disappearance.

"The way that they both disappeared, it's not their character," she said. "Something's wrong."

On Saturday, investigators found a car belonging to John Reed in Ellensburg, Wash. Detectives believe that both John and Tony Reed were recently in the Ellensburg area, but their current location is unknown, the sheriff's office said.

The brothers are believed to have a car belonging to their parents, the sheriff's office said. The vehicle is described as a red 2007 Volkswagen EOS Coupes with the Washington plates AXH5106.



Arlington couple Patrick Shunn, 45, and Monique Patenaude, 46, are believed to have been murdered. Patenaude is a long-time former B.C. resident. COURTESY CYNTHIA FAWCETT

John Reed is described as five-foot-eight and 190 pounds with hazel eyes and gray hair. Tony Reed is five-foot-11 and 150 pounds with green eyes and gray hair.

SURREY

Teenager charged for 2014 murder

More than a year after a Surrey teen was stabbed to death in a fight, homicide police say a second-degree murder charge has been laid in the case.

Jaylen Sandhu, 17, was found seriously injured by Surrey RCMP officers who responded to reports of a fight between two men just after 2 p.m. on Dec. 18, 2014.

Sandhu was rushed to hospital but died of his injuries.

On Monday, Sgt. Stephanie Ashton of the RCMP's Integrated Homicide Investigation Team announced that one count of second-degree murder has been approved against a suspect, who was 17 years old at the time of the offence and cannot be named.

"This is a case where a teenage boy lost his life over a fight," Ashton told reporters. "Jaylen came from a tight knit family, who are now dealing with the events of his death a second time as they hear the news of this arrest."

The suspect, who knew the victim, was taken into custody Friday in another province, but police would not say where the arrest took place. The suspect, who is now 18, is scheduled to appear in Surrey court on Monday.

She said police identified the suspect early on in the investigation as a result of witness reports and forensic evidence.

As the case is now before the courts, Ashton said she could not provide more details.

THANDI FLETCHER/METRO

"There is a huge demand for Recreation Professionals, particularly working with seniors."

THERAPEUTIC RECREATION (GERONTOLOGY)

Older adults are the fastest growing age group in Canada, resulting in a growing employment need for professionals who can support and promote optimal health for this generation. The field of therapeutic recreation, especially for older adults (gerontology), is not just limited to physical exercise but activities that promote healthy living including: arts, crafts, music, gardening, games, social events, outings and entertainment. The promotion of health in older adults encompasses physical, social, emotional, cultural, spiritual and mental well-being.

IDEAL CAREER CHOICE FOR:
- **Kinesiologist grads** • **Care Aides** who want something more creative or less physical
- **Foreign-trained health care professionals**

You may be eligible for government-funded training programs and/or student loans.

STENBERG COLLEGE 604-580-2772 · stenbergcollege.com

100% Employment

Get a job in Therapeutic Recreation (Gerontology) or your full tuition will be refunded*

STENBERG COLLEGE
604-580-2772 · stenbergcollege.com
*Some conditions apply

NATURAL FAT BURNER

I LOST 38 POUNDS

using Chili Burn™

Ruth has gone from a size 12 to a size 6 and feels great! She actually got back into her wedding dress of 37 years ago, after taking Chili Burn!

"After having 5 children, I had a very hard time losing the extra pounds. I found myself constantly dressing to disguise my belly, staying away from tight clothes.

I read about Chili Burn in a magazine and decided to give it a try. After 6 months of taking Chili Burn, I lost 30 pounds and after 12 months I reached my ideal weight, losing 38 pounds in total. I am very happy with the results of this product and now recommend it to friends and family.

This product will suit anyone who would like to manage their weight with natural ingredients and be side effect free. I highly recommend it."

Ruth V, Ontario

NATURE'S FAT BURNER!

In nature we find ingredients that, when eaten, impact the amount of calories your body will burn in a day! Specific compounds in chili and green tea have this effect. Chili Burn™ uses these, as well as chromium, a known mineral that helps fat metabolism, to help you achieve your weight loss goals.

At participating pharmacies, health food stores and online. For more information, please visit our website or call 1-877-696-6734.

ONLINE SHOP
newnordic.ca

SHOPPERS DRUG MART · Loblaws · Real Canadian Superstore · Extra Foods · Walmart · amazon.ca · Zehrs Markets · London Drugs · Save On Foods · metro plus

New Nordic recommends a healthy and active lifestyle in order to obtain the best results. To make sure this product is right for you, always read the label and follow the instructions.

Lower Mainland residents protest a proposed coal terminal at Fraser Surrey Docks on Oct. 27, 2013.
EMILY JACKSON/METRO

Coal port battle before the courts

PERMIT

Port Metro Vancouver, environmental groups at odds

Emily Jackson
Metro | Vancouver

The attempt to stop coal exports from a Surrey terminal heads to federal court Tuesday, when Port Metro Vancouver and the Fraser Surrey Docks will try to get a judge to throw out a lawsuit filed against them by environmental groups.

Voters Taking Action on Climate Change, Communities and Coal and Ecojustice filed the challenge in September 2014 alleging the port improperly granted a permit to Fraser Surrey Docks to ship up to four million tonnes of U.S. thermal coal to Asia annually.

But now the port and the company claim the challenge should be tossed because the port amended the original permit last year. The new permit would allow Fraser Surrey Docks to load coal directly onto ocean-going vessels, not just barges.

"They're saying the challenge of the original permit is irrelevant, and we're saying that's absurd," VTACC's Kevin Washbrook said Monday.

"It's the same project with minor changes. If the original permit is invalid, all of it is invalid."

The groups argue the permit shouldn't be valid because they believe the port didn't consider the climate implications of exporting the coal. They believe the greenhouse gas emissions from the coal when it's eventually burned should factor into the environmental review, but the port argues that is out of its jurisdiction.

While Washbrook is frustrated by the "procedural wrangling" that has delayed the legal challenge for a year and a half, he said he is hopeful the judge will agree that the lawsuit should apply equally to the amended permit.

"This has become about much more than coal. This is about how an un-appointed agency makes decisions about the future of our region," he said.

When the port approved the project in August 2014 after two years of consultation and environmental and health studies, officials stated the project has "no unacceptable risks."

POLITICS

Liberal cash flowed in contest for federal seats

Spending data show the Liberals pumped almost $700,000 into four B.C. ridings in the last federal election.

The Liberals turfed two Conservative incumbents and one New Democrat in those ridings but lost to the NDP in the hotly contested riding of Vancouver East.

The money helped in areas where the Liberals expected to be in tight races in a region all three parties considered a key campaign battleground.

THE CANADIAN PRESS

ONTARIO RESERVE

Act on Attawapiskat now, protestors say

The Vancouver office of Indigenous and Northern Affairs was occupied by protesters demanding immediate action to assist the residents of Attawapiskat.

The protesters, identifying themselves as indigenous families and allies, says the crisis in the remote northern Ontario reserve has been brewing for a long time.

A release from the group says children and young people living on Coast Salish territories around Vancouver are occupying the federal office to show support for their counterparts in Ontario.

THE CANADIAN PRESS

EMERGENCY

A state of emergency was declared in Attawapiskat earlier this month following a soaring number of suicide attempts by young people, and Indigenous and Northern Affairs Minister Carolyn Bennett visited the community Monday.

JOHN NUTTALL TRIAL

Convicted terrorist begs for gun: Video

A British Columbia man found guilty of masterminding a terrorist bomb plot pleaded with an undercover police officer to find him a gun right after he described wanting to kill someone for insulting Islam, a court has heard.

Video-surveillance footage played in B.C. Supreme Court on Monday shows John Nuttall asking an undercover officer, whose identity cannot be revealed, for a "small handgun" as a "gesture of trust."

Nuttall and his common-law partner Amanda Korody were found guilty last summer of plotting to blow up the provincial legislature in Victoria during Canada Day celebrations three years ago. The convictions are on hold while their lawyers argue they were entrapped by the RCMP.

The entrapment argument was left to the judge after the jury's verdict because the issue is a question of law.

Defence lawyers finished their case on Monday, arguing that without the Mounties' involvement their clients would never have attempted to carry out a terrorist attack.

Crown lawyers have begun their arguments and are expected to play about four hours of new audio and video evidence, not seen during last year's trial.

Video shown in court on Monday of Nuttall asking for a weapon was recorded on May 4, the day police first began their wiretap. The RCMP had initially made contact with Nuttall about two months earlier, when an undercover officer enlisted Nuttall's help in finding his fictitious missing niece.

Prosecutor Peter Eccles said outside the court that Crown will use video footage, audio recordings and police notes to dispute defence's entrapment argument, showing that Nuttall and Korody posed a real threat to society.

Nuttall and Korody were arrested on July 1, 2013, following an elaborate RCMP sting in which officers posed as Muslim extremists and befriended them.

THE CANADIAN PRESS

ECOLOGY

Conservation group buys antelope habitat

A conservation group has acquired nearly 35 hectares of land that is home to more than 20 species of at-risk antelope near Oliver, B.C.

The rare antelope-brush habitat in the south Okanagan will be added to the 117 hectares of property that the Nature Trust of B.C. began purchasing in parcels starting in 1999.

The non-profit group says the property at the south end of Vaseux Lake between Okanagan Falls and Oliver also supports more than half of the Canadian population of Behr's Hairstreak butterfly.

It says the butterfly's survival depends on antelope-brush because it's the only plant the butterfly uses to lay its eggs.

Individuals and organizations helped buy the entire property at an undisclosed price, and Nature Trust of B.C. CEO Jasper Lament says animals now have the opportunity to adjust to climate change in the years ahead.

Dylan Kennedy says his family had owned the entire antelope-brush habitat since 1886 and that it has remained in a natural state for five generations.

THE CANADIAN PRESS

Gregor Robertson doesn't want to see an expansion of this Kinder Morgan Burnaby Terminal or the company's pipeline from Alberta. He demands the federal government think about future environmental impacts of expansion. THE CANADIAN PRESS

Think of impact: Mayor

KINDER MORGAN

City demands feds consider all emission consequences

Emily Jackson
Metro | Vancouver

Vancouver Mayor Gregor Robertson is demanding the federal government consider all greenhouse-gas emissions from Kinder Morgan's potential pipeline expansion, whether the pollution stems from extracting the oil or eventually burning it overseas.

The City of Vancouver, a staunch opponent of Kinder Morgan's plan to twin its pipeline from Alberta to Burnaby so it can ship oil from Vancouver's harbour, outlined this demand in a submission to Environment and Climate Change Canada on Monday.

"Environment and Climate Change Canada must consider both upstream and downstream climate impacts of Trans Mountain's expansion to fully assess the significant safety, environmental and public health hazards the project carries," Robertson said in a statement.

As it stands, the federal government only looks at extraction, or upstream, emissions when it conducts climate assessments of oil and gas pipelines. But according to the city's math, burning, refining, processing and transporting oil from a twinned Kinder Morgan pipeline would release 10 times more greenhouse gases than extracting the substance in the first place.

"Kinder Morgan's pipeline proposal is a bad deal for Vancouver's environment and economy," Robertson said, adding the city will continue to fight the project.

> **The sevenfold increase in tanker traffic in our local waters is simply not worth the risks in the event of an oil spill.**
> Mayor Gregor Robertson

"The sevenfold increase in tanker traffic in our local waters is simply not worth the risks in the event of an oil spill."

The mayor's comments mark the first potential split from his harmonious relationship with Prime Minister Justin Trudeau after reports last week suggested the prime minister wants the Kinder Morgan project to go forward.

The city acted as an intervenor in the National Energy Board hearing on the pipeline expansion, where it advocated that the pipeline could hurt Vancouver's green reputation, harm the environment and is not in the public interest. The NEB is expected to submit its final recommendation to the government on May 20.

PARALEGALS
EARN A MEDIAN WAGE OF $27.47/HR*
Apply to the Paralegal program today and start training for a rewarding, fast-paced career!
1.800.360.7186 / STUDYPLG.CDICOLLEGE.CA
ASK ABOUT OUR EVENING CLASSES!
DENTAL ASSISTING | HEALTH CARE ASSISTANT | PRACTICAL NURSING
NETWORK SYSTEM ENGINEER | AND MORE!
Financial assistance may be available to qualified applicants. | *jobbank.gc.ca
CDI college

UNIVERSITY OF VICTORIA

Free-speech advocates denounce ruling

A free-speech battle by opponents of abortion at the University of Victoria has been shut down by British Columbia's highest court, a decision that civil-liberties advocates say is troubling.

In a unanimous ruling, the B.C. Court of Appeal rejected arguments by a pro-life student club claiming the university must consider freedom of expression when restricting use of common space on campus.

The court found the charter did not apply, but the B.C. Civil Liberties Association said the judgment did not consider broader implications.

"It so happens the group that was told it wasn't allowed to speak and to express political opinions on campus was a pro-life group, but it could have been anyone," said the association's executive director Josh Paterson.

"We don't think it's right that universities should not have to consider students' free expression and freedom of assembly in making those kinds of decisions."

The group, called Youth Protecting Youth, was approved for a demonstration by the university in January 2013. But an official revoked the permit after learning the student society had sanctioned the group for allegedly harassing students.

The group held the demonstration anyway, in a protest they called a "choice chain."

The university responded by suspending the club's outdoor space booking privileges for one year and warned members that any future disregard of its directions could result in discipline.

Youth Protecting Youth responded by launching a legal challenge, with its president and the civil liberties association arguing the university's response infringed on the group's charter rights.

A panel of three B.C. Appeal Court judges disagreed.

THE CANADIAN PRESS

It feels great to get more than you expect.

$40/mo

Now with our $40 plan, you get all this:

- 5GB full-speed data (3GB + 2GB bonus)
- Unlimited Canada-wide calling
- Unlimited global texting
- Unlimited Canada / U.S. picture / video messaging
- Up to $650 towards the purchase of a new phone with WINDtab
- Low international calling from 1 cent/min

Offer ends soon

SAMSUNG Galaxy S7

WIND

Learn more at WINDmobile.ca. Offer is valid as of April 12, 2016 and is subject to change or cancellation without notice. All plan features in Canada are from anywhere on our network, otherwise long distance and roaming rates apply. Add-on features can be used from anywhere on our network. Service credits available to customers who purchase a device at full retail price or provide their own compatible phone and activate on a monthly plan. All services subject to WIND's Terms of Service, Fair Usage Policy and Internet Traffic Management Policy and are for personal use by an individual. Applicable taxes extra. Additional terms and conditions apply. Samsung and Samsung Galaxy S7 are trademarks of Samsung Electronics Canada, Inc. and/or its related entities used with permission. Screen images simulated. WIND, WIND MOBILE and TRUE MOBILE FREEDOM are trademarks of Wind Telecomunicazioni S.p. A and are used under licence in Canada by WIND Mobile Corp. © 2016 WIND Mobile.

Harvey Sweetland Lewis III sprints hard toward the finish in the AdventurCORPS Badwater 135 ultra-marathon in July 2013 outside of Death Valley National Park. DAVID MCNEW/GETTY IMAGES

Uphill sprint gives you a leg up: Study

TRAINING

Anaerobic capacity key for marathon runner success

Thandi Fletcher
Metro | Vancouver

Runners often groan at the sight of a looming ascent, but findings of a new Simon Fraser University study suggests those who compete in ultra-marathons may want to learn to love hills.

The findings, presented earlier this month at the Experimental Biology 2016 meeting in San Diego, suggests that improving anaerobic capacity through activities like short, high-intensity uphill sprint training could help long-distance runners get faster finishing times.

"Just training for long distance events isn't enough to really crack into the top placings of a race like that. You need to be including interval training in your preparation," said physiologist and SFU associate professor Matthew White.

"The biggest takeaway is that for the long-duration mountain ultra-marathon races, a strong determinant of performances for the individuals that have a high aerobic capacity is their anaerobic capacity."

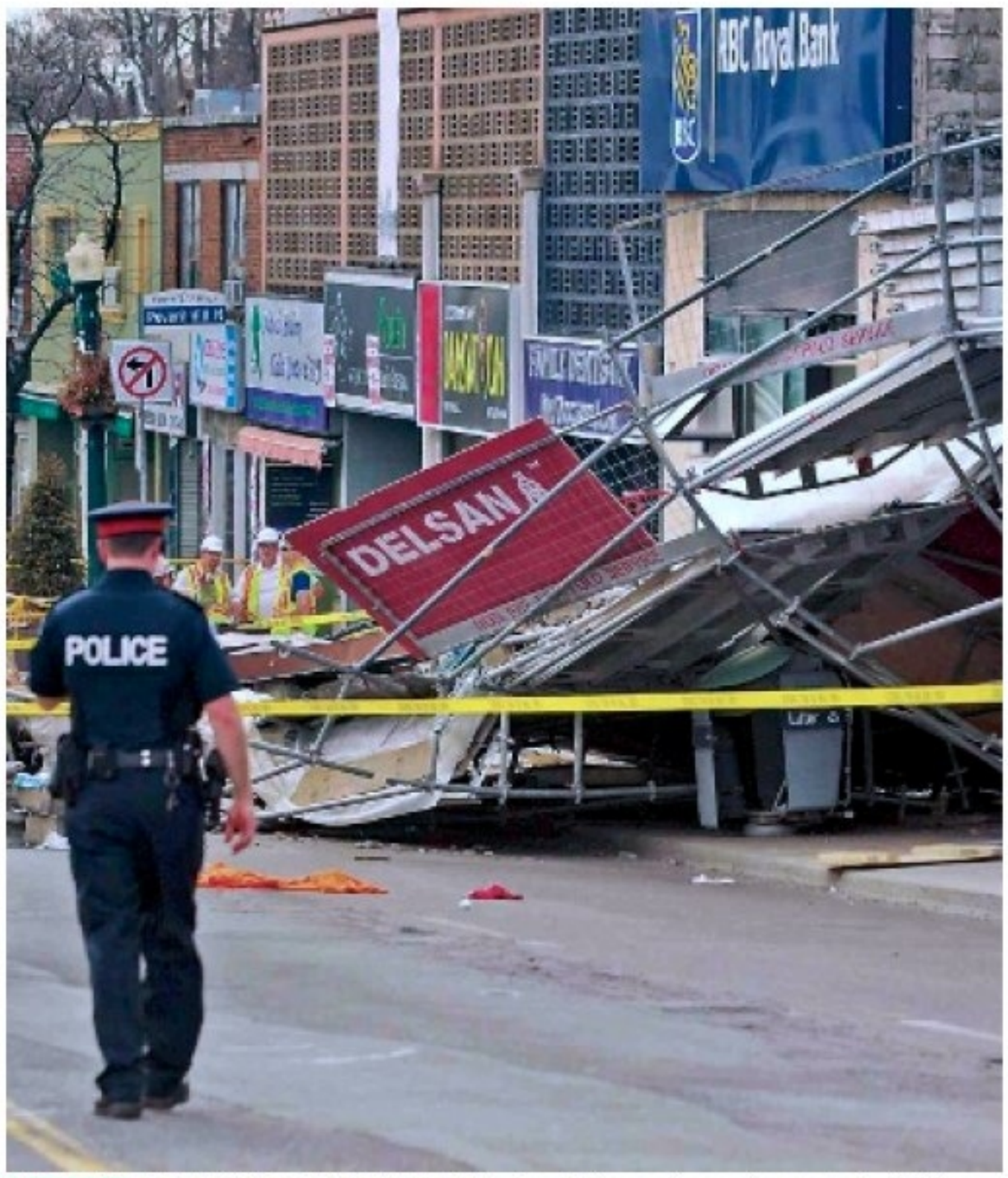
White and a team of researchers followed 10 healthy men of similar height, weight and age who were taking part in the Knee Knackering North Shore Trail Run, a gruelling 50-kilometre foot race that takes place every July in North Vancouver.

The researchers looked at two measures of fitness among the subjects: aerobic and anaerobic capacity. Aerobic capacity refers to how the body uses energy when there is enough oxygen, such as when running at a comfortable pace, while anaerobic capacity refers to the body's ability to exercise when there is not enough oxygen, like during a sprint to the finish line.

> **Just training for long distance events isn't enough.**
> Matthew White

Aerobic capacity was measured by having subjects run to the point of exhaustion on a treadmill, while anaerobic capacity was assessed through a seated cycling ergometer. Afterward, the subjects took part in the mountain trail race.

While all the participants finished, the "results indicated that those with higher anaerobic capacity were predicted to have a faster finishing time," said Michael Rogers, who led the SFU research team.



COLLAPSE A NARROW ESCAPE FOR MANY A view of the wreckage after part of a building and its scaffolding collapsed in Toronto on Monday. Seven people including a baby narrowly averted serious injuries on Monday afternoon as scaffolding came tumbling down to the streets of one of the city's most bustling neighbourhoods. CHRIS YOUNG/THE CANADIAN PRESS

Answers sought in Attawapiskat

FIRST NATIONS

Youth questions minister on the conditions seen in the reserve

Rebecca Hookimaw, 17, is comforted by family and friends as she talks about trying to commit suicide in the First Nations reserve in Attawapiskat, Ont., on Monday. NATHAN DENETTE/THE CANADIAN PRESS

A young man in the troubled First Nation of Attawapiskat asked the federal indigenous-affairs minister on Monday why his community was living in Third World conditions while Canada is greeting refugees with open arms.

Robert Sutherland was among several youths to express frustration to Carolyn Bennett over the lack of basic supports so desperately needed by those in his James Bay community.

"Tell me why we First Nations live in Third World conditions," he said during a meeting with Bennett and other officials.

"Why is it so easy for the government to welcome refugees and offer them first-class citizenship in our country?"

Attawapiskat has been rocked for weeks by numerous attempts by young people to kill themselves.

The public youth council session followed a private two-hour meeting with Bennett, activist New Democrat MP Charlie Angus and Attawapiskat Chief Bruce Shisheesh, who also made his frustration plain.

Bennett was able to commit to a new, properly equipped youth centre as well as some programming for young people, a key demand in the isolated northern Ontario reserve.

In addition, a youth delegation from across the region will be invited to Ottawa.

THE CANADIAN PRESS

Phil Boudreault YOUTUBE

HELLS ANGELS

Former Olympic boxer shot on motorcycle

A former Olympic boxer who is now a high-ranking member of the Hells Angels is in stable condition in hospital after he was shot outside Montreal on the weekend.

Phil Boudreault, 41, of Sudbury, suffered injuries to his back and a lung after he was shot Saturday morning while riding his motorcycle near Lachute, Que.

The Sûreté du Québec would not confirm the name of the victim, but Sgt. Marc Tessier said, "It was an attempt on (the motorcyclist's) life, for sure."

At least one gunman opened fire from a vehicle that pulled alongside him. A source said that Boudreault shielded his girlfriend, who was also on the motorcycle. Tessier said that two men were seen leaving the scene in an older model, blue-grey SUV.

Boudreault was en route to a motorcycle show in Laval when he was shot, around 10.30 a.m. Saturday. He was found lying in a ditch on Bethany Road near Lachute. A witness reportedly heard 10 to 15 shots.

Boudreault was riding with someone on a second motorcycle at the time of the attack. That person was unhurt, Tessier said.

Boudreault came within one victory of a bronze medal in the light-welterweight division at the 1996 Olympics in Atlanta, where he was nicknamed The Sudbury Sensation.

He later had some professional fights and also competed in mixed martial arts.

TORSTAR NEWS SERVICE

CONSTRUCTION ELECTRICIANS EARN A MEDIAN WAGE OF $27.90/HR*
*jobbank.gc.ca
100% Employment Rates for CEF Grads!
BURNABY CAMPUS, 2014.
ASK ABOUT EVENING CLASSES!
Excel in your new career with hands-on training in state-of-the-art labs! Apply to the Construction Electrician Foundation program today to get started.
1-800-993-4086
study.vccollege.ca
VANCOUVER CAREER COLLEGE
VANCOUVER CAREER COLLEGE ALSO OFFERS PROGRAMS IN:
EARLY CHILDHOOD EDUCATION | SOCIAL SERVICES WORKER – FOUNDATIONS
MEDICAL OFFICE ASSISTANT | PRACTICAL NURSING | AND MORE!

BRAZIL

Rousseff's future in doubt

President Dilma Rousseff on Monday appeared on the verge of losing office after a congressional vote to impeach her and signs suggested only tenuous support for her in the Senate, which will decide whether to remove her amid a political and economic crisis.

The 367-137 lower house vote in favour of impeachment late Sunday sent the issue to the Senate, where 45 of the 81 senators have indicated they will vote to hold an impeachment trial, according to local reports.

If a majority of senators vote to put Rousseff on trial, she would be suspended while Vice-President Michel Temer temporarily took over.

Under the complicated guidelines of the impeachment process, it could be a little more than 10 days until that vote is cast and a minimum of 40 days until the Rousseff's fate is decided. However, the speed of the process also depends on the political will of Senate leader Renan Calheiros, who could potentially drag the eventual trial and final vote out for months.

Speaking at a news conference Monday, Rousseff said she would not be stepping down.

"I have the energy, strength and courage to confront this injustice," she said, while also accusing Temer of conspiring against her.

THE ASSOCIATED PRESS

MIGRANT CRISIS

Hundreds feared drowned in Mediterranean tragedy

The leaders of Somalia issued a joint condolence message to the nation Monday over an unconfirmed report that some migrants may have drowned in the Mediterranean Sea on a trip from Libya to Italy.

Reports of the drownings circulated among families and on social media but remained unconfirmed by coast guard authorities in Italy, Greece, Libya and Egypt.

Somalia's state radio quoted the Somali Embassy in Egypt in reporting the incident. The joint statement from the president, prime minister and speaker of parliament said 400 migrants, mostly Somalis, drowned in the capsizing in the Mediterranean. But the Somali information minister later said 200 drowned and still other reports after that said even fewer had drowned.

"It's a painful tragedy which reminds us all how important it is for us to discourage our youth from embarking on such high-risk journeys," the statement said.

Egyptian Foreign Ministry Spokesman Ahmed Abu Zeid said his office had no information and officials are checking the reports.

THE ASSOCIATED PRESS

GET PRE-APPROVED NOW!
SIMPLE AND SECURE APPLICATIONS
Specializing in:
• New to the Country • No Credit •
• Good Credit • Bad Credit •
• Bankruptcies • Repossessions •
• Divorce • Judgements •

Robin
Call
778-929-1607
CALL TODAY FOR FREE CREDIT CONSULTATION
NO PAYMENTS FOR 6 MONTHS OAC
$0 DOWN PAYMENT
FREE OIL CHANGES FOR LIFE WITH PURCHASE
Offer valid until March 31, 2016.
DRIVE AWAY TODAY!

Grief-stricken Ecuadorians continue to search for loved ones through the rubble, as many others mourn the dead. THE ASSOCIATED PRESS

Losses piling up

EARTHQUAKE

At least 350 people dead, including two Canadians

It was supposed to be a family reunion to celebrate a young relative's start of college. But the gathering ended in tragedy when a collapsing building crushed 17-year-old Sayira Quinde, her mother, father and toddler brother in their rusting car.

A grief-stricken aunt, Johana Estupinan, now is making the longest journey of her life in a funeral hearse to the town of Esmeraldas, where she will bury her loved ones and break the news of the loss to her sister's three now-orphaned children.

As Ecuador digs out from its strongest earthquake in decades, tales of devastating loss are everywhere amid the rubble. The 7.8-magnitude earthquake left a trail of ruin along Ecuador's normally placid Pacific Ocean coast, buckling highways, knocking down an air traffic control tower and flattening homes and buildings. At least 350 people died, including two Canadians, and thousands are homeless.

President Rafael Correa said early Monday that the death toll would "surely rise, and in a considerable way."

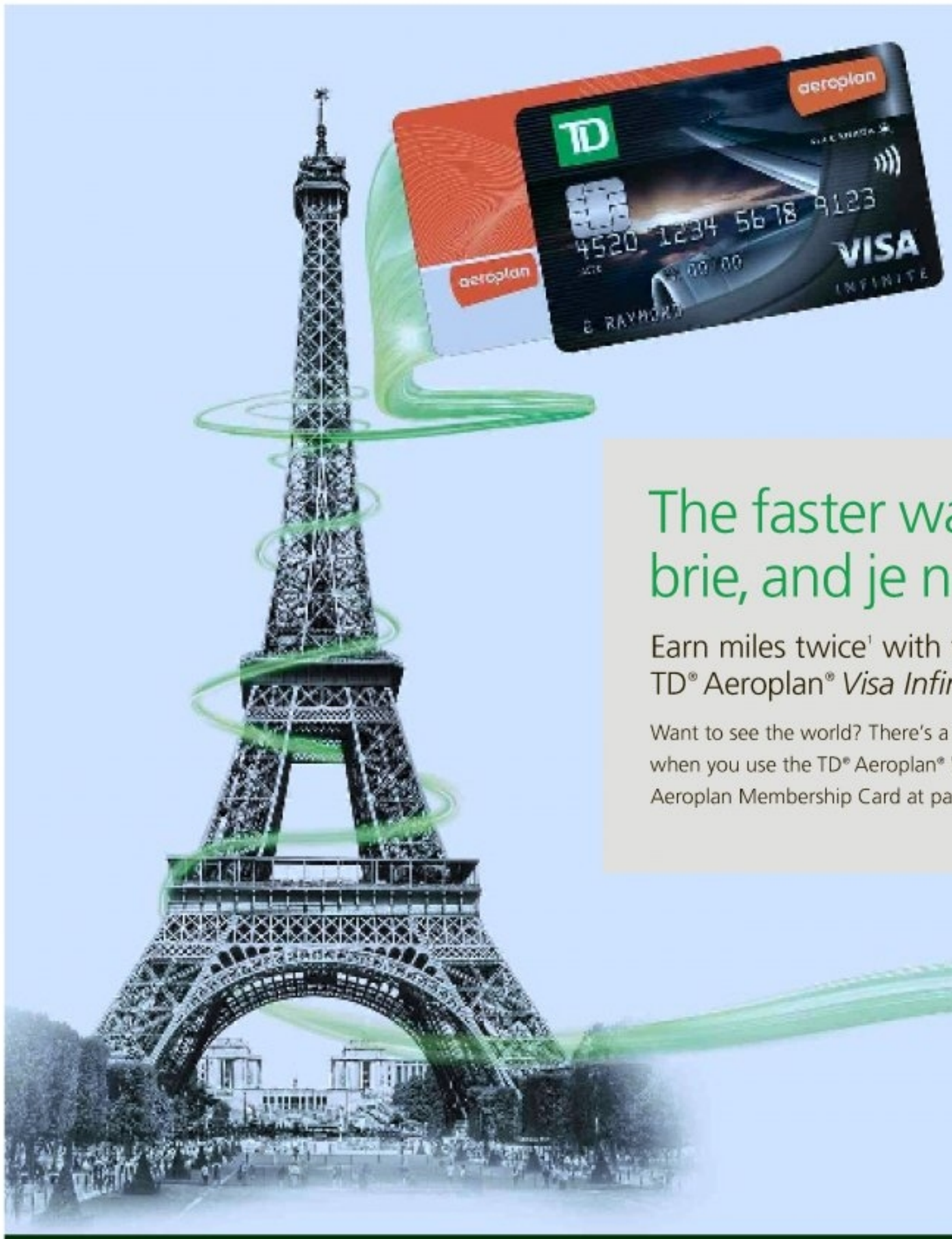
Portoviejo, a provincial capital of nearly 300,000, was among the hardest hit, with the town's mayor reporting at least 100 deaths. The Quinde family drove there from their home hours north up the coast to drop off Sayira at Estupinan's house a week before she was to start classes at a public university on a scholarship to study medicine.

"She was my favourite niece," Estupinan said, emotionally torn apart after waiting at the city's morgue for hours. "I thought I was getting a daughter for the six years it was going to take her to earn a degree."

Estupinan watched as her loved ones were loaded onto a truck-sized hearse for the nighttime drive, the three older ones in dark mahogany coffins and 8-month-old Matias in a casket painted white. "It was supposed to be a short moment of family happiness but it converted into a tragedy," she said.

The quake knocked out power in many parts along the coast and some who fled to higher ground fearing a tsunami had no home to return to.

THE ASSOCIATED PRESS



The faster way to baguettes, brie, and je ne sais quoi.

Earn miles twice[1] with the TD® Aeroplan® *Visa Infinite** Card.

Want to see the world? There's a faster way to do it. Earn Miles Twice when you use the TD® Aeroplan® *Visa Infinite** Card along with your Aeroplan Membership Card at participating retailers.

Offer ends May 27. Conditions apply.

Get a Welcome Bonus[2] of up to 30,000 Aeroplan Miles.

Apply now at td.com/aeroplan

Banking can be this comfortable.

[1] This feature is available at over 150 Aeroplan Partner brands and 100 online retailers through Aeroplan's eStore. The Toronto-Dominion Bank is not responsible for any Aeroplan Miles under this "earn miles twice" feature of the Aeroplan Program when the Aeroplan Membership Card is presented. See your Aeroplan Program for full details. Feature may be changed, withdrawn or extended at any time and cannot be combined with any other offer. [2] Welcome Bonus of 15,000 Aeroplan Miles ("Welcome Bonus Miles") will be awarded to the Aeroplan Member account associated with the TD Aeroplan *Visa Infinite** Card Account ("Account") only after the first Purchase is made on the Account. To receive the additional 10,000 Aeroplan Miles, you must also: (a) apply for an Account between March 1, 2016, and May 27, 2016; and (b) make $1,000 in Purchases on your Account, including your first Purchase, within 90 days of Account approval. To receive the additional 5,000 Aeroplan Miles you must also (a) apply for an Account and add an Authorized User between March 1, 2016, and May 27, 2016; (b) Authorized User must call and activate their Card by July 15, 2016, and (c) your Account must be in good standing at the time this 5,000 Bonus Aeroplan Miles is awarded. You can have a maximum of three (3) Authorized Users on your Account but you will only receive 1 (one) 5,000 Bonus Aeroplan Miles offer. Annual Fee for each Authorized User Card added to the Account will apply. The Primary Cardholder is responsible for all charges to the Account, including those made by any Authorized User. If you have opened an Account in the last 6 months, you will not be eligible for these offers. We reserve the right to limit the number of Accounts opened by and the number of miles awarded to any one person. Please allow 8 weeks after the conditions for each offer are fulfilled for the miles to be credited to your Aeroplan Member account. Offers may be changed, withdrawn or extended at any time and cannot be combined with any other offer unless otherwise specified. These miles are not eligible for Aeroplan status. All trade-marks are property of their respective owners. ® The Air Canada maple leaf logo and Air Canada are registered trade-marks of Air Canada, used under license. ® The Aeroplan logo and Aeroplan are registered trade-marks of Aimia Canada Inc. ® The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

Young refugees gather to see U.S. Ambassador to the United Nations Samantha Power as she visits **Minawao Refugee Camp in northern Cameroon** on Monday. Power is visiting Cameroon, Chad, and Nigeria to highlight the growing threat of Boko Haram. ANDREW HARNIK/THE ASSOCIATED PRESS

Boko Haram remains a threat

CAMEROON

UN ambassador Samantha Power makes historic visit

Here on the front line against Boko Haram, no one boasts of having "technically" won the war.

More than four months after Nigerian President Muhammadu Buhari made such a claim, the extremists still crisscross international borders, avoiding direct confrontations with U.S.-backed African forces while refocusing on soft targets like marketplaces and mosques with little to no protection.

The group may be gone from major cities, but in the countryside it poses a constant threat. And for the hundreds of thousands of refugees and impoverished villagers surrounded by fighting in the isolated northern reaches of Cameroon, terror and hunger form daily challenges to their survival.

"All of you who are attempting to fight this terror, the United States stands with you," said Samantha Power, America's UN ambassador, making a rare visit by any foreign dignitary, to this parched, dusty landscape.

Underscoring the insecurity, Power travelled with a large contingent of U.S. and Cameroonian special forces. A Cameroonian helicopter monitored overhead.

Power's larger goal of pairing military efforts with greater development of West Africa's impoverished, Boko Haram-ravaged regions is daunting. They've suffered generations of neglect.

In Maroua, an enclave some 800 miles from the Cameroonian capital sandwiched between Chad and Nigeria, shortages of water, schools and investment are chronic.

Activists, opposition politicians and Muslim clerics say the extremists will draw Maroua's disaffected youth to their ranks as long as economic opportunities are limited and security forces continue committing indiscriminate atrocities while trying to stamp out the insurgency.

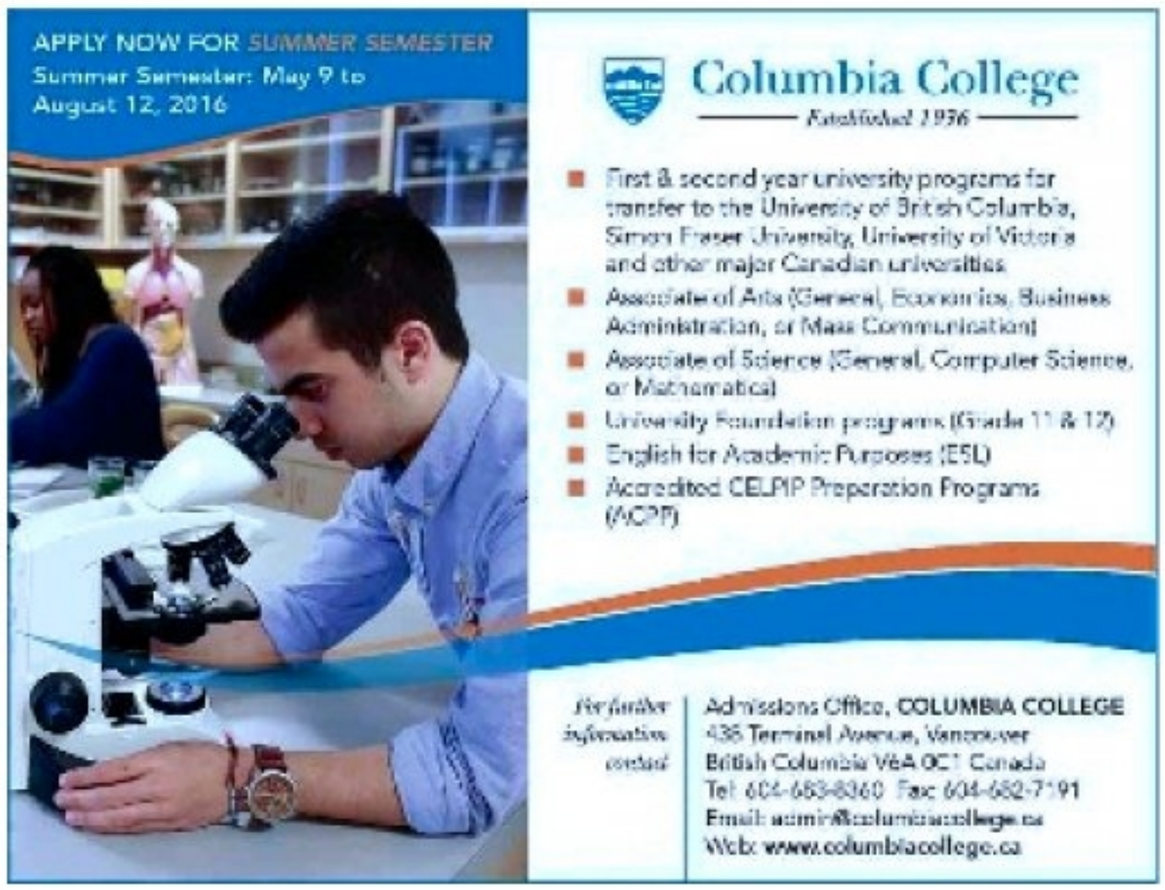
Military force must be part of the counter-terror effort, Power told reporters.

"They have guns. The have suicide vests. They have armoured vehicles," she said.

But Power said targeting civilians is self-defeating because doing so only creates more potential recruits, echoing counterinsurgency lessons the United States learned the hard way in Afghanistan, Iraq and elsewhere since the Sept. 11, 2001, attacks.

Pushed from population centres by Nigeria's military since Buhari's election last year, Boko Haram is changing its tactics.

It launched 159 suicide bombings last year, more than half in Nigeria, increasingly using girls to set off the explosives. The consequence has increased suspicion even on children. THE ASSOCIATED PRESS


APPLY NOW FOR SUMMER SEMESTER
Summer Semester: May 9 to August 12, 2016
Columbia College
Established 1936
First & second year university programs for transfer to the University of British Columbia, Simon Fraser University, University of Victoria and other major Canadian universities
Associate of Arts (General, Economics, Business Administration, or Mass Communication)
Associate of Science (General, Computer Science, or Mathematics)
University Foundation programs (Grade 11 & 12)
English for Academic Purposes (ESL)
Accredited CELPIP Preparation Programs (ACPP)
For further information contact
Admissions Office, COLUMBIA COLLEGE
438 Terminal Avenue, Vancouver
British Columbia V6A 0C1 Canada
Tel: 604-683-8360 Fax: 604-682-7191
Email: admin@columbiacollege.ca
Web: www.columbiacollege.ca

INDIA

Delhi bans chewing tobacco

India's capital has banned chewing tobacco in an effort to lower the high incidence of mouth and throat cancers.

The Delhi government ordered the prohibition of the sale, purchase and possession of all forms of chewable tobacco, saying violators can be imprisoned for up to six months and fined up to 300,000 rupees ($4,500).

Chewable tobacco products reportedly cause 90 per cent of all mouth cancers in India. Tobacco manufacturers won a court stay against earlier bans, but public awareness about the risks has grown and the new Delhi government has vowed to enforce the new ban, which was welcomed by health activists and doctors after it was announced last week.

An Indian worker chews tobacco in Delhi on Monday. TSERING TOPGYAL/THE ASSOCIATED PRESS

The tobacco leaves are typically mixed with lime and betel nut, a mild natural stimulant that produces a bright red juice and has been used for centuries across the South Asian continent. Indians place the concoction inside their mouths for an extended period, increasing their oral cancer risk. Tobacco bits, perfumed betel nut powder and flavouring are sold in small plastic pouches, making it easy to carry and consume.

Delhi's Health Minister Satyendra Jain said the government has ordered police teams to conduct surprise checks on shops and retail outlets to ensure that the ban is strictly enforced.

"This is a positive step by the government and we welcome it. The use of chewing tobacco is so widespread that India is often referred to as the oral cancer capital of the world," said G.R. Khatri, president of the South Asia chapter of the World Lung Foundation.

Officials say around 1 million Indians die every year in the country due to diseases caused by tobacco consumption. THE ASSOCIATED PRESS

Turo arrives in Canada

SHARING ECONOMY

Company lets you rent your car out to other people

Want to ride off into the sunset but don't own a car? Worry not, there's an app for that. ISTOCK

Move over Budget and Enterprise, get ready to compete with just about anybody who wants to use their vehicle to make some extra cash. Turo, a San Francisco-based company that is best described as an Airbnb for cars, has just launched in Canada.

The concept is simple. The company helps people rent their cars to strangers. Turo started out as RelayRides in 2009 and operates a peer-to-peer car marketplace that has rented thousands of cars for over 1 million days throughout its short history.

"Our mission is to try to put the world's cars to better use," says Andre Haddad, Turo's CEO.

Canada is the company's first international expansion, and the service will only be available in Ontario, Quebec and Alberta. As well, Canadians must be existing customers of Intact insurance or its subsidiary, Belair Direct. Intact has struck a deal to provide up to $2 million in commercial insurance for Turo users.

"Consumers want to participate in services like Turo," says Stephanie Sorensen, director of external relations for Intact. "We want to ensure that insurance coverage is available."

Turo creates a profile of the vehicle that is available on Turo's website and app, with photos and information about the cost. Users have their choice of vehicles and afterward both sides can review and rate the experience. Both users and owners have to go through a screening process before being able to use the service.

For drivers, Turo has no membership fees and all they need to do is sign up. For people who would like to rent their cars, the vehicle needs be to less than 10 years old and have less than 150,000 kilometres on the clock, with some exceptions. There are more than 800 models available for rent, and drop off and pickup is often included.

Many users praise the personal connection created between owners, users and their vehicles. Haddad has rented several on the service, including a 2006 Porsche that he says been used for several special occasions.

Turo offers a dynamic pricing model that suggests what users can charge, but the car owner ultimately decides how much. Turo takes a 25 per cent cut. The company initially offered short-term rentals, but has found the longer term rentals are more popular and focuses on them.

$600 US
The amount of money an average active user who rents out their car makes

On average, cars are rented for five days, and Turo claims that prices are generally 30 per cent lower than traditional rental car companies, and that the average active user who rents out their car makes $600 US a month.

Insurance has been an issue. The company paid over $200,000 US in fines to New York state because of violations of insurance laws including false advertising and unlicensed activity.

TORSTAR NEWS SERVICE

RETAIL

Le Chateau to close up more shops

Fashion retailer Le Chateau plans to close about 40 additional stores across Canada over the next three years even as it hopes to swing to its first profit in six years in 2016.

The Montreal-based company has been shuttering underperforming stores and renovating others as it "recalibrates" in the face of growing online purchases. It closed 11 stores in the last year to reach 211 locations and plans to close another 14 in 2016. By early 2019, Le Chateau expects to shrink its retail network to about 171 stores.

Le Chateau declined to say how many of its 2,400 employees might lose their jobs, saying most will be absorbed into nearby stores or be eligible to work in its the growing e-commerce operations.

Franco Rocchi, the retailer's senior vice-president of sales and operations, said some stores identified for closure at the end of their leases may get a reprieve if they can negotiate lower rents or the shopping centres where they are located improve. THE CANADIAN PRESS

The Spring 2016 Collections have arrived, with a selection of menswear brands that must be seen to be believed. Like the vibrant, rock 'n roll-inspired John Varvatos Star USA. This season sees the designer returning to the basics with luxurious takes on sportswear staples like the café racer jacket, shown here in cognac leather. While the collection retains its urbane edge, each piece seems destined to be a future classic. Come and see the collection in person, where you'll experience our signature service and expertise first-hand. Prefer a preliminary look? Visit us online at harryrosen.com, where you can chat, email or book an appointment with us.

THERE IS ONLY ONE HARRY ROSEN.

HARRY ROSEN

HARRYROSEN.COM

PACIFIC CENTRE **604.683.6861** • OAKRIDGE SHOPPING CENTRE **604.266.1172**

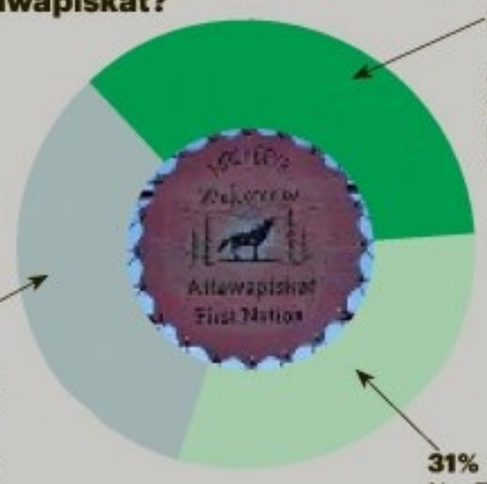
metro VIEWS
Your essential daily news
Tuesday, April 19, 2016

METRO POLL

Attawapiskat: What should be done?

Watershed moment or same old story?
Eleven suicide attempts in northern Ontario's Attawapiskat First Nation on April 9. Five more last Friday. Some 100 such attempts in this calendar year alone. Much of the country remains gripped by the fallout of the crisis: sit-ins, emergency parliamentary debates, cabinet-minister visits, promises of mental-health funding. We asked Metro readers how they rate the government response to the situation.

1 Has the government done enough for Attawapiskat?



2 Rank these seven choices in order of what you see as most needed by First Nations:

1. More funding
2. Better infrastructure, e.g., drinking water
3. Better amenities , e.g., libraries, youth centres
4. A visit from Prime Minister Trudeau
5. A federal inquiry
6. More civil services, e.g., mental-health resources
7. For their young people to move away

WE ASKED Metro readers

The response is merely a Band-Aid.

Where are elders and chiefs in all this?

We've never made indigenous people a top priority. The time is now.

Progress isn't made fast enough to keep a furtive press interested, and it falls off the front page.

They should've benefited from De Beers mining by now and from the hunger strike of Chief Spence. Something isn't right.

The government has given support to help this community to help manage depression. The people need to figure this out for themselves.

visit metronews.ca
HAVE YOUR SAY

NDP needs to give itself positive reinforcement

CAPITAL IDEA
Kate Webb

In Jujitsu, the defensive principal known as aiki teaches students to go with the motion of an attacker instead of against it in order to throw them off balance: pull when pushed; push when pulled.

The B.C. NDP could do with a little of this philosophy as it grapples with attacks from all sides over whether it supports a complete transition to renewable energy by 2050 — a proposal known as the Leap Manifesto, which is being debated by the federal NDP.

When reached in Victoria last week about the green-policy proposal, NDP Leader John Horgan sounded rattled.

"I was asked my views, and of course the (B.C.) Liberals are using the Leap Manifesto as a club to beat us with in the Opposition" he said.

"I tried very hard to bring back the notion that these were ideas that were put forward at a convention to talk about policy… and although I believe there are elements in the Leap Manifesto that are worthwhile… there are also elements in there that just do not reflect at all the values of British Columbia."

Horgan is facing huge pressure from unions to support the $36-billion Petronas LNG plant on Lelu Island, but environmentalists, First Nations and marine biologists say the project threatens critical salmon habitat and would increase B.C.'s greenhouse gas emissions by 8.5 per cent.

Premier Christy Clark has branded Horgan's party "the forces of no," but Horgan could turn that on its head by applying the principles of aiki. The truth is, every time a society says no to something, it says yes to something else.

Going with the motion of Clark's framing device, Horgan could elucidate a long list of things the NDP would be saying "yes" to by holding firm in its opposition to the Pacific NorthWest LNG project

Yes to protecting Canada's only wild salmon fishery, a major source of food — as well as employment for more than 8,000 people who make their living in B.C. from salmon tourism, commercial and sport fishing. (By comparison, proponents of the Petronas plant say it would only create 630 permanent jobs).

Yes to preventing an 8.5 per cent increase in B.C.'s greenhouse gas emissions.

Yes to respecting the rights of First Nations people who still oppose the project.

Yes to helping prevent sea-level rise that threatens to destroy many coastal areas of B.C., including Vancouver's world-famous seawall.

Yes to helping prevent ocean acidification, which the UN says could cause global fisheries collapse by 2048.

Yes to not splitting B.C.'s environmentalist vote between the B.C. NDP and Greens, which could hand the Liberals another four years of power.

My plea to the B.C. NDP is this: Don't accept "forces of no." Don't let the Liberals set the terms of the conversation. Enumerate your yesses. Like these: Yes to investment in public transit and thousands of associated construction jobs; yes to green building initiatives (again, more jobs); yes to a healthier planet; yes to long-term thinking.

Start an optimistic campaign of Yes to green jobs and a green economy. You might just flip this irresponsible government flat on its back.

Kate Webb is an unapologetic muckraker and political junkie who lives and writes in Vancouver.

ROSEMARY WESTWOOD

In saying their names, victims demand to be reckoned with

Linda Redgrave.

Now, then — now that you know her name — are you listening?

Is her story — that of Complainant No. 1 in Jian Ghomeshi's sexual assault trial; that of a woman allegedly yanked hard by her hair and punched in the head three times; that of the woman in the bikini photo so desperately sought by the press — more believable to you now? Do you think she's brave? Or do you smell a PR move and a book deal?

After revealing her identity in a blog post on Monday, Redgrave says she's ready for both "the good and bad." She's coming forward to change how the legal system deals with sexual assault complainants. She writes: "I'm doing it because the current method of trying a sexual assault case by attacking victims who cannot defend themselves is barbaric."

She's started a website to help survivors navigate that system. She's going to advocate for change. She thinks that coming out and naming herself will give her more power.

It does. And other women know it, too.

Writing in the National Post on Monday, Conservative MP Michelle Rempel rips into "everyday" sexism in politics, and demands (rather hopefully) that sexists themselves, not their targets, be the ones to change. She uses her own name. She describes typical harassment (one MP is "turned on" when she's direct).

For sexual assault, it has become a tactic in vogue. Around the Ghomeshi trial, newspapers were printing first-hand accounts of sexual assaults by women who wanted to be named. Other women were tweeting their abuse. They were individualizing their experience in order to authenticate it. By specifying themselves, they forced a specific reaction.

For evidence of how powerful that can be, see Alberta MLA Maria Fitzpatrick's story of beating, rape and threats at the hands of her then-husband. Her speech at the legislature garnered national media, and led to the rare unanimous passing of a private member's bill on domestic violence.

But while you can elicit a potent reaction, you can't control its sentiment. Example: Americans are reliving, via a new film, the evisceration of Anita Hill, a black aide to a Supreme Court nominee, who was vilified in the 1990s for testifying to his sexual harassment.

Similarly, since Redgrave and Rempel have come forward, anonymous Twitter eggs and online commenters have piled on the vitriol, mostly just keen to let the Internet know, "I don't believe these women!"

But then again, on the plus side: They've been heard.

metro
Your essential daily news

CHIEF OPERATING OFFICER, PRINT
Sandy MacLeod
VICE PRESIDENT & EDITOR
Cathrin Bradbury
EXECUTIVE VICE PRESIDENT, REGIONAL SALES
Steve Shrout
MANAGING EDITOR VANCOUVER
Jeff Hodson
ADVERTISER INQUIRIES
adinfovancouver@metronews.ca
General phone 604-602-1002
FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

Philosopher cat now at
www.mymetrostore.ca

Earn 2% money back where you choose. Even here.

☑ Public Transportation

Introducing the no annual fee Tangerine Money-Back Credit Card. Apply now and you'll earn **4% money back** on your chosen categories for three months*.

*Some lawyer lingo applies

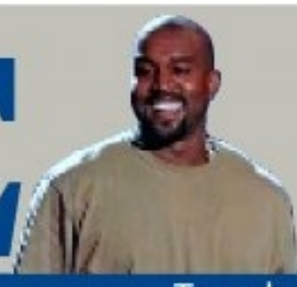
Tangerine.ca

Tangerine
Forward Banking

metro LIFE

Your essential daily news

Tuesday, April 19, 2016



Fan sues Kanye West and streaming service Tidal for allegedly duping users into subscriptions based on promise of being exclusive outlet for West's new album.

As children spend more time in the digital world, nature is even more important for improving mental and physical health, says Richard Louv. PHOTOS: COLE BURSTON/FOR TORSTAR NEWS SERVICE

Are your kids getting vitamin N?

NEW BOOK

Antidote to modern malaise is nature says popular author

Richard Louv coined the phrase that captures the disconnect between modern kids and the outdoors. "Nature-deficit disorder" was how he described the phenomenon in his landmark book Last Child in the Woods.

A decade after naming the problem, the California author and outdoorsman is promoting another catchy term, this time for the cure — regular doses of nature.

He calls it Vitamin N.

Research has exploded in the last few years showing that time spent in green space is good for brains, bodies and souls.

It is believed to improve mental and physical health, cognitive skills, sensory development and learning.

As children spend more hours in the digital world blocking out their senses to focus on a screen, nature is more important than ever as an antidote, he argues in his new book Vitamin N: 500 Ways to Enrich the Health and Happiness and Your Family and Community.

"There's no precise prescription," the California-based author explained in an email interview.

And it doesn't have to be complicated.

"Some experience in nature is better than none, and more is better than some."

While Louv grew up in an era when kids roamed free and the only screens were on televisions, Louv's not anti-tech. His book includes an array of ideas for bringing technology to the outdoors and vice versa.

His ultimate form of multitasking? Straddling both the digital world and nature to develop what he calls "a hybrid mind."

TORSTAR NEWS SERVICE

"Some experience in nature is better than none, and more is better than some
Richard Louv

DO IT YOURSELF

Tips for fitting in more nature

Try some of these activities with your family

1 Put nature on the calendar
Family life is hectic these days. For many, the only way to actually make sure there's time to go for a hike, a picnic or even hang out in the backyard is to book it as you would a soccer game. Think of it as the family equivalent of a date night.

2 Be the guide on the side
When outdoors with kids, back off. Let them follow their own noses, whether it means collecting sticks, jumping in mud puddles or climbing an embankment, without always directing their play. Encourage them to ask questions and figure out answers, even by looking them up later. Be curious observers with a sense of wonder alongside them.

3 Enliven the senses
We used to talk about five senses. Now researchers have identified as many as 30. Awaken them by focusing on one at a time and blocking out the others. Have kids travel on their bellies for a closeup view of the earth. Use a paper "sniffer cup" for smelling natural objects like pine needles or wildflowers. Go barefoot. Cup your ears to focus on "seeing" the environment through noises. Stick out your tongue to taste the breeze.

4 Seek positive places with negative ions
Natural settings with plant life and water — beaches, streams, waterfalls — tend to be rich in molecules called negative ions. You can't see or smell them, but when they're inhaled and reach the bloodstream, negative ions are known to boost serotonin levels, which, in turn, alleviates depression.

5 Bathe in the forest
Forest bathing or shinrin-yoku, as the movement is known in Japan, is based on evidence that a relaxed walk in lush woods has measurable calming and restorative benefits. It's a healthy retreat from the pollution of city life.

6 Discover the art of nature
Pressed leaves and flowers, sculptures made of sticks and rocks, daisy chains, painting with mud or the juices of wild berries and nuts, sidewalk chalk drawings created by tracing the sun's shadow, percussion instruments from stones shells or logs. Let the imagination go wild.

7 Pick a sit spot
It could be the lower branch of a tree, a spot in the garden or a boulder by a brook. Urge family members to find their own special place they visit frequently to find peace and to observe how it changes according to the light, season, temperature and bugs, birds or other creatures in the vicinity.

8 Teach tree climbing smarts
It's a mainstay of childhood that hones balance, strength, agility, co-ordination and sense of risk. But too often it's forbidden by over-anxious adults. Some tips for safety: only climb trees that are alive and strong. Don't get onto branches with a circumference smaller than your wrist. Always have at least three points of contact with the tree — two hands and one foot or vice versa.

9 High-tech can be high nature:
Some days are for escaping technology. But you can also use it to engage kids. Design a photo scavenger hunt and send them to take pictures, use a Go-Pro to record an activity or a smartphone to record the nature sounds.

TORSTAR NEWS SERVICE

5 EXERCISES TO SWITCH INTO YOUR WORKOUT

Been doing the same sit-ups for years and feeling uninspired? Here are five exercises to skip and what moves you should adopt instead, as recommended by master trainer Barry Samuel. TORSTAR NEWS SERVICE

Lay off the moving lunges

Skip: travelling lunges
Moving across the floor when doing lunges can put knees, hips and ankles at risk, says Samuel.

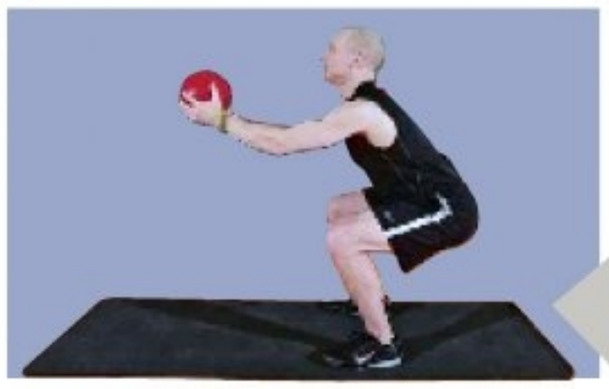
Adopt: lunges in one place
"Replace that with a lunge in place rather than a travelling lunge," Samuel says. He recommends anchoring yourself with the wall or a chair. "Do it in place, where you're lowering your body and being careful to keep the hip, knee and joints at a 90-degree angle, tracking so the knee doesn't go too far inward or out."

Stop straight leg lifts

Skip: straight leg lifts
Doing straight leg lifts puts "a lot of stress" on the lower back, Samuel says. "You're also recruiting from your hip flexor group ... and you're not really getting a lot of benefit in the lower abdomen."

Adopt: crunches with knees at 90 degrees
This removes stress on the pelvis and lower back while engaging your abdomen. "By bringing your knees closer to your chest you're removing that stress and you're also not going to be working the hip flexors."

Say bye bye to the barbell



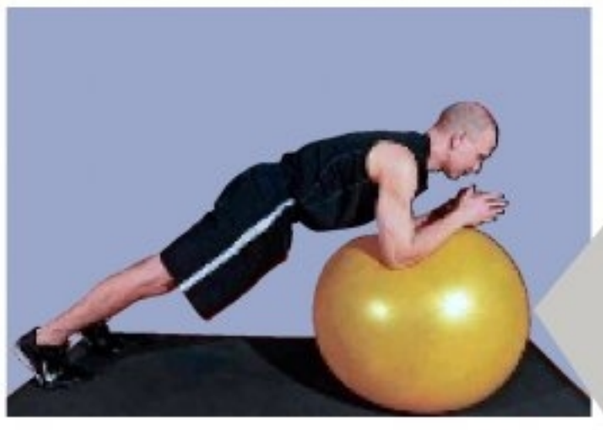
Skip: barbell squat
This move may look tough, but it can also put shoulder joints at risk if not done correctly, Samuel says. "What's problematic about barbell squats is people aren't in the habit of getting their spine in an upright position," he adds.

Adopt: squat with a ball
A weighted medicine ball will do and leads to a "more natural" pose that still works the back, spine and shoulders muscles.

Pitch the pull-ups

Skip: chin-ups and pull-ups
Samuel says the problem with these exercises is people tend to use a lot of momentum to swing themselves up and lose control. "Cheating often is where you leave yourself vulnerable to serious injury," he says, noting shoulder joints are at risk.

Adopt: TRX suspension or strap
Samuel recommends using a TRX suspension strap anchored to the ceiling. It's a similar movement that works upper and lower back muscles. "There's some co-ordination required with it, but it's still not as intense as if you're trying to do a pull up," he says.



No more sit ups

Skip: sit ups
Think this is the best way to a six-pack? Samuel warns it's easy to lose control with this common exercise and it could put your neck and spine at risk for injury.

Adopt: plank
This borrowed-from-yoga move focuses on the abdomen and core, while being more controlled than the sit-up. "You're just trying to streamline the body, you're not bouncing around," Samuel says.

YuMee Chung demonstrates Driftwood Pose in a pool. TORSTAR NEWS SERVICE

Float your way to trickier yoga poses

DRIFTWOOD POSE

Weightlessness of water can help with your practice

YuMee Chung
Torstar News Service

It's been said that swimming is the next best thing to flying, so if you're working on a yoga pose that could benefit from a little more buoyancy, why not take to the water?

The following is a virtually weightless version of Staff Pose you can try in a kiddie pool, shallow surf or even your bathtub.

Driftwood Pose

1. Sit upright in shallow water with your legs outstretched and palms resting on the ground close to your sides. If the heels of your hands don't quite reach, come up onto your tippy fingers.

FLOATING
Try out new strength-focused yoga poses in water to give your body a sense of the necessary actions and a taste of the full expression of the exercise.

2. Lift yourself completely off the ground by pressing down with the hands. Do your best to keep the pelvis upright and aligned with the hands, rather than tipped backwards and shifted out in front of the hands.

3. Lift your right foot as high as you can above the surface of the water without allowing your left foot to touch down or get heavy. Hold steady for a few breaths before changing sides.

Driftwood pose is a great way to strengthen your shoulder-core and hip flexors as you prepare for high-flying poses like handstands.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

It's time to stop whitewashing movies

According to a report in ScreenCrush, Paramount used digital race retouching to try to make Scarlett Johansson look more Asian in Ghost in the Shell. The studio quickly scrapped the plan when the results were reviewed. CONTRIBUTED

GHOST IN THE SHELL

Asian film adaptations frequently cast white actors

Nick Patch
Torstar News Service

One of the newest tools in Hollywood's ever-expanding technological utility belt is using CGI to make actors look vastly different — younger, thinner, whatever — and this week, Ghost in the Shell's producers used that new technique to make themselves look very, very stupid.

According to a report in ScreenCrush, Paramount and DreamWorks responded to the outcry over hiring Scarlett Johansson, an actress of Polish-Danish heritage, to portray the manga series' Japanese cyborg cop star, Major Motoko Kusanagi, by tinkering with visual effects to "shift her ethnicity" toward looking more Asian.

Yes, Paramount wanted Scarlett to look less white — and now they're red-faced.

Sure, the studio rejected parts of the report — they say the test was conducted on a "background character," not ScarJo — but ScreenCrush's sources insisted that it was Johansson's character who was put through Lola VFX's digital race retouching.

The idea was rejected "immediately" after the results were reviewed.

But the fact that such a surreally insipid idea even made it that far is making people feel like they've been, well, cyberpunk'd.

"It's like (a) way to reduce race to mere physical appearance as opposed to say culture, social experience, identity, history," tweeted Fresh Off the Boat's comically gifted star Constance Wu in response to the story.

". . .Or language, upbringing, story, food, community, customs, values . . . I mean just such doper expressions than, uh, how someone looks?!?"

Macau American actress Ming-Na Wen, star of Agents of S.H.I.E.L.D., agreed. "Nothing against Scarlett Johansson. In fact, I'm a big fan. But everything against this whitewashing of (an) Asian role."

Filmmaker Freddie Wong, meanwhile, poked fun at the incident with a sketch imagining the methodology behind the CGI Asian-ing of Johansson, where a studio exec gives Johansson a digital Fu Manchu moustache, a "rice hat" and pronounced front teeth to hit every ugly stereotype.

ANALYSIS

Poor justification for Hollywood maintaining the status quo

American Ultra screenwriter is one of the few in the business to offer a defence of whitewashing Ghost in the Shell, arguing that more ethnically accurate actors suggested — including Oscar nominee Rinko Kikuchi and Suicide Squad's Karen Fukuhara — simply aren't famous enough. But if producers won't hire Asian actors unless they're famous and Asian actors won't get famous unless producers hire them, it seems Hollywood has created a blessedly convenient excuse for the status quo.

Of course, Ghost in the Shell has plenty of company in the pantheon of all-white-everything Asian adaptations, which now includes Dragonball Evolution (which starred Justin Chatwin), Speed Racer (Emile Hirsch) and the forthcoming Death Note (Nat Wolff).

Always vastly underrepresented onscreen, now Asian actors can't even find work playing Asian characters. Even when Hollywood specifically devoted an evening to its diversity problem at the Oscars, the issue was drawn down binary white/black lines.

In fact, one of the show's only acknowledgments of Asian faces came in the form of racist jokes from Sacha Baron Cohen and Chris Rock. Ghost in the Shell wasn't even the week's only example of Hollywood getting its hands dirty with whitewashing.

Observe the new trailer for Marvel's Dr. Strange and its casting of Tilda Swinton as the Ancient One, a character originally of Tibetan descent.

Weirdly, Dr. Strange's two-minute teaser is otherwise bursting with Asian clichés as old as Swinton's chrome-domed guru, including: a lavishly bearded Benedict Cumberbatch stumbling through the East (presumably in search of mystic enlightenment!); a sword-wielding warrior stalking a rain-slicked Asian streetscape; and a karate training sequence set in what appears to be a rejected Mortal Kombat tableau.

What the trailer doesn't feature, however, is a single Asian star. (The film's cast does include Benedict Wong playing — what else? — the doctor's sidekick, but he wasn't in the trailer.)

As this debate raged, meanwhile, it was hard not to notice that the weekend box office was ruled by The Jungle Book, a film starring the entirely unknown Indian-American child actor Neel Sethi, which crushed the competition with $103.6 million.

It's just more proof that a major film starring a non-famous person of colour can still wind up rolling in green.

JOHANNA SCHNELLER
WHAT I'M WATCHING

Acoustic guitar delivers electric moment

THE SHOW: Vinyl, Season 1, Episode 8 (HBO)
THE MOMENT: The guitar lesson

Punk singer Kip Stevens (James Jagger, son of Mick) is under pressure to deliver a hit song. He's in a record studio, but inspiration eludes him. "There are no more notes!" he complains to his manager, Lester Grimes (Ato Essandoh).

"Are you serious?" asks Lester, a former blues man.

"We tried every progression," Kip says.

Lester glares at him. "E. A. B," he says. "Give me the guitar."

Lester strums an E, an A and a B, and starts singing Maybelleine. Seamlessly, using the same three chords, the song becomes The Twist. He dirties the notes, and the song becomes Tell Me What I Say. He adds a pop rhythm, crooning, "In the summer time, when the weather is fine," and then, still seamlessly, segues into Playing in a Traveling Band — all using E, A and B.

OK! This is the kind of scene I've been waiting for from this series. With nine executive producers including Mick Jagger and Martin Scorsese, I had high hopes it would take me deep inside the music business of the 1970s. But too much of the action has gone up the nose of coke-addled record man Richie Finestra (Bobby Cannavale).

(I'm not the only one who thinks so, because series co-creator Terrence Winter, who worked with Scorsese on The Wolf of Wall Street and Boardwalk Empire, was just let go.)

Richie claims that he's forever searching for music that lights you up from inside. Lester delivers that here. The guitar is acoustic, but the moment is electrifying.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

metro SPORT

Steven Wright left a bottle of pricey booze at Chris Colabello's locker-room stall a day after the Red Sox RHP beaned the Jays' 1B in the head

SFU's Division I dream

NCAA

Clan look for business model to support top-tier hockey

Cam Tucker
Metro | Vancouver

The possibility that Simon Fraser University could one day ice its own NCAA Division I hockey team is exciting, but determining a business model for such a program is still in its early stages, said Theresa Hanson, senior director for athletics and recreation at SFU.

The SFU Clan is the only Canadian university program in the NCAA, competing in Division II. The idea of trying to bring in a Division I hockey program had been talked about before Hanson was appointed to her position last October.

"There had been lots of discussion before I came and I thought it would be prudent on the part of the university to be in a position to make an informed decision," she said, adding SFU has recently signed an agreement with a U.S.-based consultant for this matter.

Hanson said the consultation process should last about three to six months, and a decision from the university could come by early fall. Should the university go ahead with this, a Division I team at SFU could be ready as soon as the 2018-19 season.

SFU Clan forward Mike Sandor, of North Vancouver, lines up for a faceoff. SFU has interest in bringing an NCAA Division I hockey program to the school. COURTESY DAMON JAMES PHOTOGRAPHY

"To be able to provide that option for the Canadian hockey player to stay in Canada, play in the NCAA ... and get a degree — SFU is known as one of Canada's best comprehensive universities — that's a huge benefit for all," said Hanson.

"That's why it's got to be a business model that works."

A potential home arena is one of the many factors in the consultation process, said Hanson. Other factors include conference affiliation, travel, cost, revenue, number of student athletes and scholarships.

> **We have to learn if Division I hockey can work in our market.**
> Theresa Hanson, senior director for athletics and recreation at SFU

"We have to learn if Division I hockey can work in our market," said Hanson.

Right now, SFU's hockey program is a club team in the BC Intercollegiate Hockey League. It plays out of the Bill Copeland Sports Centre in Burnaby.

"We always want to aspire to do better, to provide more for that student-athlete experience. So I'm optimistic in terms of really looking at this consultation as a chance to see if there's a business model that works," said Hanson.

"I would love to say we'd be able to have (Division I) hockey but we're really early for that."

WESTERN CONFERENCE

Wild cut deficit in half

Jason Pominville had two goals and an assist and the Minnesota Wild roared back from an early two-goal deficit to beat Dallas 5-3 on Monday night and slice the Stars' lead in the Western Conference quarter-finals to 2-1.

Chris Porter put the Wild on the board in the final minute of the first period, their first even-strength goal of the series. Erik Haula added a goal and an assist, Mikko Koivu scored on a power play in the third period and the Wild stopped a seven-game losing streak that started on March 31.

GAME 3 In St. Paul

5	3
WILD	STARS

Patrick Sharp scored 26 seconds into the game and again less than four minutes later for the Stars, but the Wild controlled the action after that and finished with a 25-17 shots-on-goal advantage.

Game 4 is in Minnesota on Wednesday night, and Game 5 will be back in Dallas on Friday night.

In an effort to crash the Stars goal, Wild interim coach John Torchetti put journeymen forwards Kurtis Gabriel and Zac Dalpe on the fourth line and scratched Ryan Carter and Jarret Stoll. THE ASSOCIATED PRESS

EASTERN CONFERENCE

Capitals close in on sweep of Flyers

Alex Ovechkin scored twice, Braden Holtby had 31 saves and the Washington Capitals moved one game closer to a sweep in their first-round playoff series with a 6-1 win over the Philadelphia Flyers on Monday night.

The Capitals lead a series 3-0 for the first time in franchise history. Game 4 is Wednesday night in Philadelphia.

Ovechkin snapped a tie game with his 38th post-season goal and Holtby made the lead stand with his third straight sensational effort in the series. The Capitals scored five power-play goals, including four in the third period.

GAME 3 In Philadelphia

6	1
CAPITALS	FLYERS

The Flyers lost in their first home game since founder Ed Snider's death last week.
THE ASSOCIATED PRESS

NHL PLAYOFFS

Coach's challenge playing a big role

Aaron Ekblad had a big goal for the Florida Panthers, and then it was gone. Same for Vladimir Tarasenko in St. Louis last week. Andrew Shaw of the Chicago Blackhawks and Derick Brassard of the New York Rangers got to keep their clutch scores.

The breakout star of the first round of the NHL playoffs is the coach's challenge, and it seems as if no one is quite sure how they feel about its prominence. There were two more on Sunday, including an offside ruling that negated Ekblad's goal in the second period of Florida's 4-3 overtime loss at the New York Islanders.

"The rule is there, it's in place and you have to do as good a job as possible as a staff and as a group to execute within the rule," Philadelphia coach Dave Hakstol said. "We're seeing how important and how much of an impact it's had on a couple of games."

The NHL approved the coach's challenge system last summer, and it was used 266 times in the regular season, with 68 plays overturned. The system was mostly praised, save for the occasional display from a coach or player upset when a reversal went against their team. THE ASSOCIATED PRESS

> **It has been (a) good thing (this) year. If they could speed it up somehow, it would probably be better.** Red Wings forward Henrik Zetterberg

Islanders coach Jack Capuano's challenge on Sunday negated a goal scored by the Panthers' Aaron Ekblad.
WILFREDO LEE/THE ASSOCIATED PRESS

Jays centre-fielder Kevin Pillar makes a diving catch on Monday. MARY SCHWALM/THE ASSOCIATED PRESS

MLB

Jays take Boston bullpen for a ride

Toronto manager John Gibbons knew Boston had its bullpen lined up.

It didn't matter when the Red Sox couldn't throw a key strike.

Russell Martin hit a two-run single against Craig Kimbrel to cap a four-run eighth inning, and the Blue Jays held to beat the Red Sox 4-3 Monday in Boston's annual Patriots' Day game.

"When you're facing (Koji) Uehara and those guys at the end, it's tough to do," Gibbons said. "You see the end result. It was big."

J.A. Happ (2-0) gave up one run and four hits in seven-plus innings. Drew Storen got three outs for his first save despite giving up two runs. Toronto gained a split of the four-game series by winning the last two.

THE ASSOCIATED PRESS

ELSEWHERE ON MONDAY

METS 5, PHILLIES 2
David Wright homered twice for his first two RBIs and the New York Mets went deep four times to back a stellar Noah Syndergaard in their win over Philadelphia.

ROCKIES 5, REDS 1
Trevor Story hit his NL-leading eighth homer as Colorado beat Cincinnati.

MARLINS 6, NATIONALS 1
Jose Fernandez overcame early wildness and regained his winning touch at home, pitching six innings to help Miami beat Washington.

THE ASSOCIATED PRESS

BOSTON MARATHON

Ethiopians nearly sweep 120th edition

Ethiopians nearly swept the Kenyans off the podium at the Boston Marathon on Monday, winning both the men's and women's races for the first time in history and taking five of the six spots on the victory stand.

Lemi Berhanu Hayle won the men's race in two hours 12 minutes and 45 seconds, pulling away from defending champion Lelisa Desisa as they crossed over the Massachusetts Turnpike heading into Kenmore Square. Hayle won by 47 seconds, with Yemane Adhane Tsegay an additional 30 seconds back to round out an all-Ethiopian top three.

Atsede Baysa won the women's race, coming from 37 seconds behind with less than five miles to go. The two-time Chicago Marathon champion finished in 2:29:19, 44 seconds ahead of fellow Ethiopian Tirfi Tsegaye.

Joyce Chepkirui was third in the women's race, the lone Kenyan to medal in a race that had been dominated by her countrymen for decades.

THE ASSOCIATED PRESS

SPIRITUALIST & PSYCHIC
Pandit: JAGADISH
100% GUARANTEE • ALL RELIGIONS WELCOMED
HE CAN HANDLE ANY PROBLEM
IF YOU ARE DISAPPOINTED OTHER FROM OTHER PSYCHICS & PANDITS, THEN MEET ME, GET PERMANENT SOLUTIONS
LOVE, MARRIAGE, BUSINESS, JOB, EDUCATION, FINANCIAL, SUCCESS, HEALTH, COURT CASE, DIVORCE, CHILDREN MISTAKE
REMOVES BLACK MAGIC & GIVES 100% PROTECTION
604.377.7295 | 11875 – 82 AVE, DELTA NEAR SUPERSTORE

Back in it by committee

RAPTORS
SERIES TIED 1-1

GAME 2 at ACC

98 | 87

Toronto kicks it into high gear in 4th Q to slow Pacers

If the Toronto Raptors walked onto the Air Canada Centre floor Monday night under a cloud of question marks, they delivered an emphatic answer.

Jonas Valanciunas scored 23 points and hauled down 15 rebounds as the Raptors bounced back from a horrible Game 1 to throttle the Indiana Pacers 98-87, evening their post-season series at one game apiece.

"It feels good that we're 1-1, putting ourselves in a great position to turn things around," Patrick Patterson said. "It's good that we tied this thing back up, we took care of business tonight and the focus now is to go on the road and take care of business there."

Kyle Lowry had 18 points and nine assists, while Cory Joseph finished with 16 points, Patterson chipped in with 14, and DeMar DeRozan, on another rough night, had 10 in the Raptors' first playoff victory in eight tries.

Paul George led the Pacers with 28 points.

The victory was a huge sigh of relief for Raptors fans after a horrible Game 1 that had Toronto looking nothing like the record-setting team that secured the No. 2 seed in regular season. The ugly 100-90 loss conjured memories of last season's four-game post-season sweep by the Washington Wizards.

The big question Monday was: how would the Raptors respond?

Backed by another phenomenal performance by Valanciunas, they answered with a solid team victory that saw them cough up an early 18-point lead, but battle back with a terrific fourth quarter.

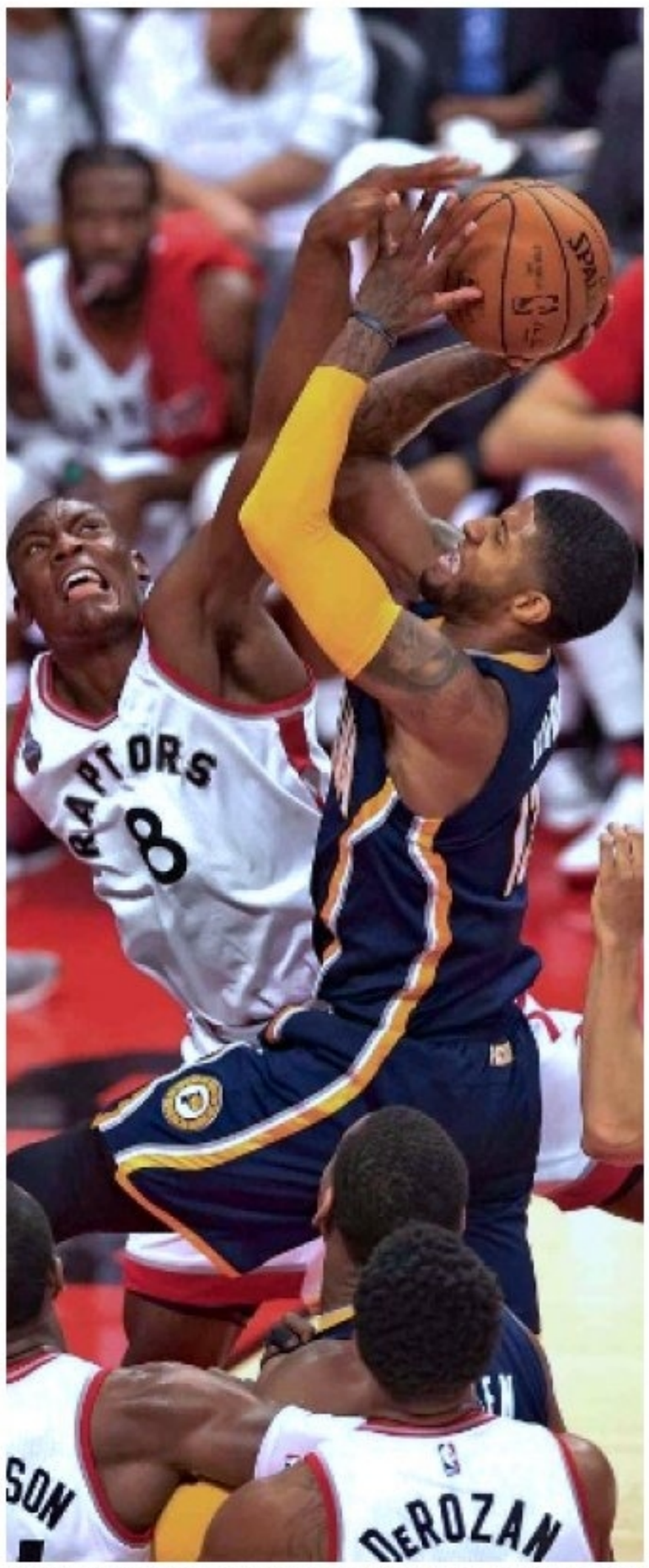
"I'm just doing my stuff, I'm just going out there and battling," Valanciunas said. "Nobody is going to take that away from me, I'm going to put my heart (out there), and battle for every single ball, every possession."

Leading 74-66 to start the fourth, the Raptors found another gear, and when Lowry threaded a gorgeous pass to Joseph under the basket, the bucket put the Raptors up by 15 points and sent the Air Canada Centre crowd into fits of delirium.

A pair of free throws from Lowry with 4:19 to play put the Raptors up by 19 points, and they cruised to a well-earned victory.

"We're not the same team as last year," Patterson said. "We have different players, different personnel, different coaching staff and a different overall mentality ... we have other weapons on this team."

Lowry, who had a rough Game 1, was back at his scrappy best, diving all over the floor for loose balls. And while he shot just 4-for-13 on the night, his passing and defensive effort more than made up for his lousy aim. THE CANADIAN PRESS



Raptors centre Bismack Biyombo defends against the Pacers' Paul George on Monday night. MARK BLINCH/THE CANADIAN PRESS

IN BRIEF

Leonard repeats as NBA's top defensive player
Kawhi Leonard has won his second straight NBA Defensive Player of the Year award after helping the San Antonio Spurs have the league's best defence.

Leonard received 84 first-place votes and 547 points. Golden State's Draymond Green (421) finished second.

THE ASSOCIATED PRESS

Go to metronews.ca for coverage of the rest of Monday night's NBA playoff games.

Appeals court upholds $1B NFL concussion settlement
A federal appeals court has upheld an estimated $1-billion plan by the NFL to settle thousands of concussion lawsuits filed by former players, potentially ending a troubled chapter in league history.

Former players already diagnosed with brain injuries linked to repeated concussions could begin receiving benefits within three to four months, a plaintiffs' attorney said.

THE ASSOCIATED PRESS

PREMIER LEAGUE

Spurs rout Stoke, gain on Leicester

Dele Alli AFP/GETTY IMAGES

Harry Kane and Dele Alli both scored twice Monday as Tottenham crushed Stoke 4-0 with a devastating attacking display to close the gap on Premier League leader Leicester to five points.

Tottenham's fearless performance was an emphatic response to Leicester dropping points in Sunday's draw with West Ham with four games remaining.

No team has scored more than Tottenham and no team has conceded fewer goals this season. THE ASSOCIATED PRESS

RECIPE Curried Chicken with Grapes in a Pita

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This sweet and savoury combo is a great way to use up leftover chicken. But it's also a reason to pick up a rotisserie chicken on your way home if you don't have leftovers.

Ready in
Prep time: 10
Cook time: 20

Ingredients
- 2 cups diced cooked chicken
- 2 celery stalks, finely diced
- 1/2 cup seedless grapes, quartered
- 1 scallion, finely sliced
- 2 Tbsp mayonaisse
- 2 Tbsp Greek yogurt
- 1 tsp curry powder
- 1 tsp Dijon mustard
- salt and pepper to taste
- whole wheat pita pockets, sliced in half
- lettuce, washed and torn

Directions

1. In a bowl, toss together the diced chicken, celery, grapes and scallion.

2. In a small bowl, stir together the mayo, yogurt, curry powder and Dijon then blend it together with the chicken mixture. Taste before deciding how much salt and pepper you need.

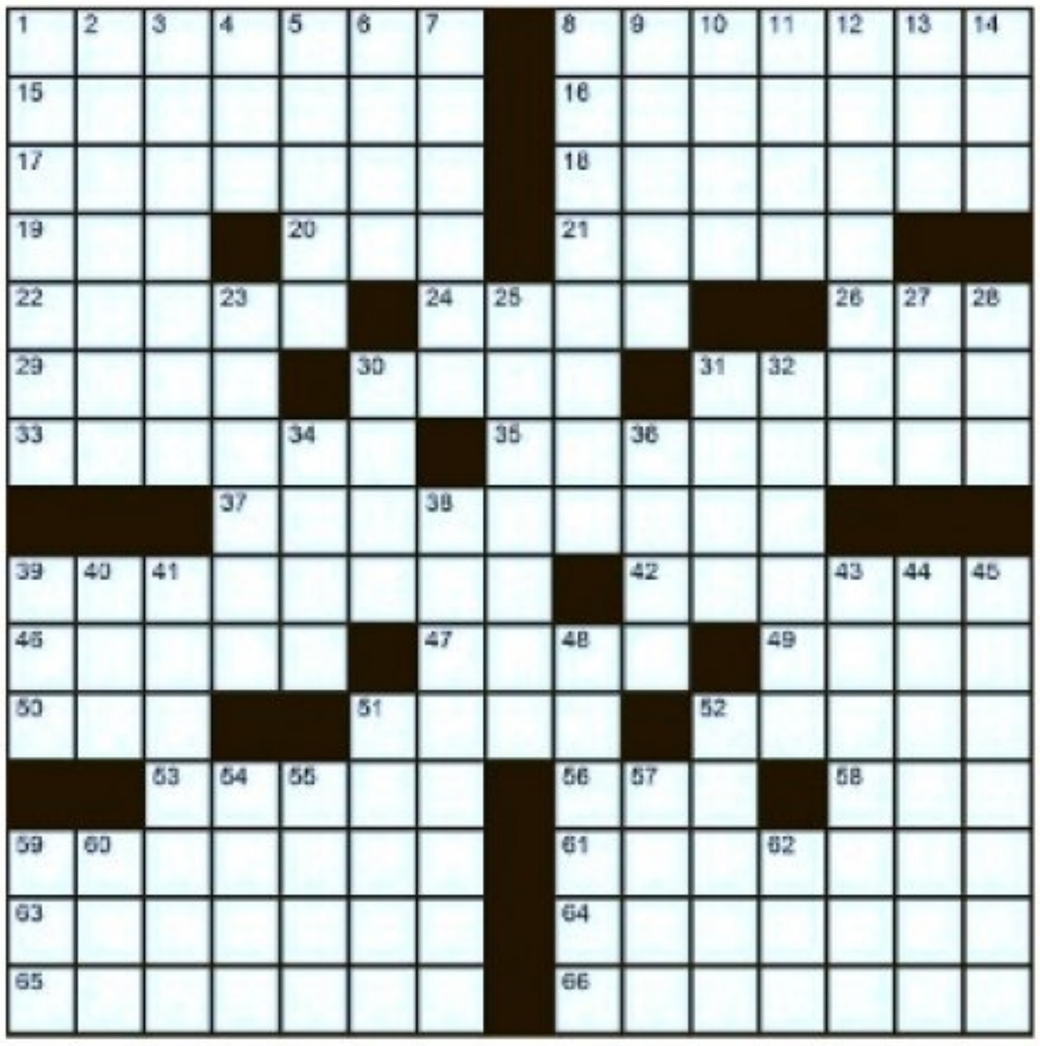
3. Cut your pitas in half and tuck in a few pieces of lettuce.

4. Now spoon in your chicken salad. Serve with a green salad.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. "__ Bells": Theme music in "The Exorcist" (1973)
8. Shook a bit
15. Useless
16. "I'm sorry."
17. Robert De Niro/Ben Stiller comedy, "Meet the __" (2000)
18. Info in a used-car ad
19. Painful expressions!
20. Garden pond fish
21. Finished
22. Fortunes
24. Pharmacy amount
26. Pixie
29. Barney's best cartoon friend
30. Sage or thyme
31. Wayne __ (Batman's abode)
33. Tennis champion Ms. Williams
35. In a wide-mouthed-awestruck manner
37. Alberta: Beautiful attraction in Lethbridge, __ __ Japanese Garden
39. Like the four largest satellites of Jupiter
42. Harnessed
46. Shock Rock rocker, __ Cooper
47. Russian autocrat, once
49. Ms. Campbell of "Scream" (1996)
50. Famous
51. "__ Lap" (1983)
52. Hard-to-climb hill's characteristic
53. Ring __ __ (Get attention at the customer service desk)
56. Writer Mr. Levin
58. CSI evidence
59. "The Facts of Life" character
61. More like Mr. Duck of Looney Tunes
63. Supervise
64. Sir Edmund Hillary's conquest in '53
65. Ontario: University in London
66. Ritzy vacation destinations

DOWN
1. Insider's info offerings
2. Not in-the-know
3. Partyer making the balloon go "Pop!"
4. 'Comp' completer (Calculate)
5. Golfing domains
6. Opera voice
7. Live somewhere
8. Ontario/Quebec body of water: 2 wds.
9. Express, as a thought
10. Atomic No. 79
11. Hilarity
12. Placing deliveries on the truck
13. __ salad sandwich
14. Hair tinter
23. Like Adam and Eve's garden
25. Wedding dress material
27. Gretchen of movies
28. Use a crowbar
30. Cod-like fish
31. Mr. Myers
32. Sanctify
34. Cairo's river
36. Run smoothly as a car engine
38. Hamilton-born actress Ms. Robertson
39. Chitchat
40. Famous boxing last name
41. Binds, surgeon-style
43. More wanting
44. Most balanced
45. Leaves at the airport
48. More like a desert in climate
51. One using a pair of toolbox grippers, say
52. Vaults
54. "The Simpsons" character
55. "Nothing __ Matters" by Bif Naked
57. Critic's thumbs-up review
59. At this moment
60. "__ Maria"
62. Backwards

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today you feel passionate and intense about everything. However, you will feel this particularly during discussions with bosses, parents and the police. Be careful.

Taurus April 21 - May 21
If you are looking for answers or doing research today, you will be like a dog with a bone: You will not give up until you find what you want.

Gemini May 22 - June 21
Disputes with a friend or a member of a group might arise today, especially about how to spend a specific amount of money or deal with shared property. Remember that discussions are a two-way street.

Cancer June 22 - July 23
Difficulties with bosses and parents might arise today, because you want to get your own way. Be careful. This relationship might end.

Leo July 24 - Aug. 23
You might decide to part ways with a group of people based on religious, political or racial views. Issues are hot; you will not betray your own values.

Virgo Aug. 24 - Sept. 23
Disputes about inheritances, insurance issues and shared property will be intense today. You might be at loggerheads with someone so fiercely that the relationship will end.

Libra Sept. 24 - Oct. 23
Sometimes we hang on to someone out of feelings of insecurity. Today you will examine your relationships and either change them or accept them for what they are.

Scorpio Oct. 24 - Nov. 22
Your zeal to introduce reforms at work might create resistance. You won't back down, which is why things will come to a head by the Full Moon on Thursday.

Sagittarius Nov. 23 - Dec. 21
Parents must be gentle with their kids today, because everyone is obsessed about something today. This means if someone wants something, they really want something. Be the adult in this scenario.

Capricorn Dec. 22 - Jan. 20
Family disagreements might be imminent, because different people want different things. Unfortunately, these feelings are intense. Hopefully, after Thursday's Full Moon there will be peace.

Aquarius Jan. 21 - Feb. 19
No matter what you discuss today, you will be passionately intense about it. Just be aware of this so that you know why others react as they do.

Pisces
Feb. 20 - March 20
If shopping today, you will be obsessed about buying something. Well, if you want it and you can afford it, why not get it?

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		5					6	
			9		8		2	1
1				4				
	9				7		3	
		3		9		7		
	7		6				5	
				5				2
7	4		1		2			
	2					8		

©2016 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

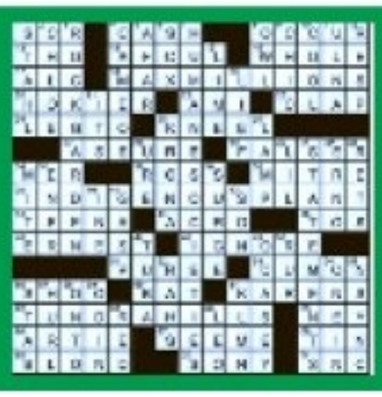
your city just got shoppable.

mymetrostore.ca
shop your city

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



6	8	3	7	1	5	2	4	9
2	9	4	8	6	3	5	1	7
5	1	7	9	2	4	8	3	6
8	2	6	1	3	9	7	5	4
7	4	1	2	5	8	9	6	3
9	3	5	4	7	6	1	8	2
1	5	2	6	4	7	3	9	8
3	6	9	5	8	2	4	7	1
4	7	8	3	9	1	6	2	5

Bank a lot? No worries.

Introducing the CIBC Smart™ Account.

Stop worrying about how much you bank with the new CIBC Smart Account. Now you'll only pay for what you use. If you make a lot of everyday transactions, you won't pay a lot because your monthly fee is always capped. Regardless of how many debit purchases or *Interac* e-Transfers® you make. Monthly fee starting at $4.95. And no more than $14.95. Bank on.

Get our limited time $300 offer now.*

Talk to us today.
cibc.com/smart • At a branch • 1 866 525-8622

#FitsYourLife

Banking that fits your life.

CIBC

*To qualify, open a CIBC Smart Account and set up a minimum of one eligible recurring direct deposit or two eligible recurring pre-authorized debits within the first three months of account opening and get $300 within 12 to 14 weeks. Offer ends June 30, 2016, and is not open to persons who have or jointly hold a CIBC chequing account. Other conditions apply. Learn more at cibc.com/smart or call us at 1 866 525-8622.

Interac® and *Interac* e-Transfer® are registered trademarks of Interac Inc.; CIBC authorized user of the marks. CIBC Cube Design & "Banking that fits your life." are trademarks of CIBC. All other trademarks are owned by CIBC.